



Scintillating seminars with
Dr. Richard Robertshaw, DC

as part of Peak Performance Pilates' 30th year celebrations.

Vestibular, Balance and Proprioception in Pilates

The spine, weight bearing joints, cranial structures,
axis of rotation of the body.

Wed., September 25, 6:30 – 8:00 pm.

**Addressing injuries, neurological conditions, client limitations
and signs to watch out for in Pilates.**

Wed., November 13, 6:30 – 8:00 pm.

3 PMA CECs for both seminars combined pending. \$90 each.

Pilates' Puzzles

Dr. Richard Robertshaw, DC
Dr. Chady Wonson, DC, LAc, CNC, CTN



Enlightening, interactive sessions where we brainstorm Pilates repertoire, client's patterns and conditions that puzzle us. You can bring a client, yourself and/or questions to discover solutions. The wisdom, simple corrections, and advice that Dr. Richard Robertshaw and Dr. Chady Wonson provide are astounding and profound.

Wednesday evenings. tba soon! PMA CECs pending.

Peak Performance Pilates

323 Geary Street, suite 510, SF on the corner of Geary and Powell.

Contact Jennifer Stacey, MS info@peakperformancepilates.com